HINTS *for the* BUSY HOUSEWIFE

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TENTH EDITION, 1938

ISSUED BY
THE HEALTH & CLEANLINESS COUNCIL
5, TAVISTOCK SQUARE
LONDON, W.C. 1

PRICE THREEPENCE. POST FREE

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FOREWORD

TO THE EIGHTH EDITION

WOMEN take a pride—and a very proper pride—in keeping themselves and their households clean. "Where there's dirt there's danger" continues to be the motto of the mother who has the health of the family as her first care. But if the busy housewife of the present day compares her lot even with that of her mother and grandmother, she will see that within her grasp are weapons far more effective and more numerous than they were able to employ. Science has recognized the importance of the housewife's task and come to her aid, with the result that many duties, once real bugbears in the household routine, are now performed most effectively without stress and strain and without domestic upheaval. Take washing day for instance. There are now obtainable soaps, soap powders, and soap flakes especially made to give the housewife the greatest possible assistance in her laundry duties. The modern electric laundry appliances and various items of electrical cleaning apparatus are magical aids for the busy woman which, while not yet in use in the majority of homes, are becoming more generally adopted as electricity continues to be increasingly used for domestic purposes. By carefully choosing her washing and cleaning materials; by using modern equipment whenever possible and, where out-of-date equipment has to serve, keeping it in the best possible condition with cleanliness and care; by careful planning of daily routine; by taking thought for her personal hygiene and appearance—the happy housewife is never without a clean, bright overall—the housewife can do much to make her housework no longer a depressing labour but an interesting and pleasant duty. It is hoped that this little book may contain some useful hints.

The Health and Cleanliness Council thanks Miss L. M. Mojer, who, when Matron of the Nursery Training School, Wellgarth Road, London, N.W. 11, Miss M. E. Marsden, who, when Head of the Domestic Science Training College, Battersea Polytechnic, London, S.W. 11, and Miss Helen Masters, present Head of the Domestic Science Training College, Battersea Polytechnic, London, S.W. 11, for supplying photographs to illustrate this handbook.

HINTS FOR THE BUSY HOUSEWIFE

SECTION I

HOUSEHOLD CLEANING

"CHILDREN never forget the lessons of a clean home"—the observance of cleanliness in the home is the very best way of leading them to form cleanly habits. Moreover, clean home surroundings are essential to the good health of the family. Therefore scour out the corners—they harbour the dust and the germs. Wash and clean floors whenever possible—a home cannot be too spotless for health.

It is false economy not to have a lamp in the dark corners of the home. "Where there is darkness there is dirt and danger," for it is on that ill-lighted staircase or in that dark room and passage that accidents occur and dust accumulates. Often the lack of sufficient lighting causes waste of time. It is a very real advantage to have a good light that can be switched on in the kitchen, the store cupboard, the linen cupboard, the larder, etc. The light in the kitchen, which some people are apt to think unimportant, should not be too small, and clear glass lamps should not be used—pearl or opal lamps give a light which is restful and not glaring to the eyes.

The following is a suggested routine for the weekly cleaning of rooms in an average-sized house where work is done by the mistress or a maid:

Monday.	Living-room ; preparation for wash.
Tuesday.	Washing.
Wednesday.	Bedrooms.
Thursday.	Bathroom, lavatory, stairs, pantry, larder, and cupboards.
Friday.	Kitchen and scullery
Saturday.	Landing, hall, stairs, all lighting fittings (electric lamps, etc.), yard, steps, preparation for Sunday.

ON CLEANING

Living-room.—NOTE: Fire to be done before all else. (This applies to bedrooms also.) *If weekly clean:* remove and dust all ornaments and movable bits of furniture; cover rest with dust sheets; take down pictures; roll up curtains, etc.; sweep carpet (see directions p. 6), dust and polish surrounds, dust room; wash ornaments; dust and polish furniture; wipe down pictures; replace. *If daily clean:* fire; carpet; floor; dust.

Bedroom.—Ornaments, etc., as living-room if *weekly clean*, but first—air bed; empty slops; make bed; cover up all movable furniture with dust sheet; carpet—as living-room. (For note on polished floors, see p. 14.) *Daily clean:* air bed; empty slops; make bed; carpet; floor; dust.

Kitchen and Scullery.—Remove all china, pots, pans, etc.; sweep and dust; scrub shelves with soapy water; when dry put on clean paper, if needed, and then replace pans and china; give sink a special good cleansing, and swill by turning on cold tap.

Pantry and Store Cupboard.—(*a*) Remove all china and wash; sweep and dust; scrub floor and shelves, and when dry replace china. (*b*) Remove food; scrub as above, and then, if necessary, put on clean paper when dry.

Hall, Stairs, etc.—Remove ornaments (if any), also furniture, etc.; remove mats and sweep; brush stairs from top to bottom, using damp tea-leaves or use vacuum cleaner; sweep carpets, and then floors; dust; polish furniture; dust and wash ornaments; replace.

Bathroom, Lavatory.—Sweep and scrub floor, clean out bath, polish taps, etc. Many houses are now fitted with taps made of metal which only requires washing with soap and water to clean it. A little paraffin on a damp cloth will remove water stain from a bath; wash with hot soapy water. (See directions for cleaning lavatory, pp. 11 and 16.)

Walls.—Remove all pictures, etc., from the walls. Tie a clean duster over the head of a long-handled broom and sweep the walls from above downwards. Remove duster and shake. The vacuum cleaner, with its special attachments, makes it possible for the cornices and ceilings to be reached, a great labour-saving for the busy housewife, and labour-saving aids health.

Scrubbing Floors.—Remove all light furniture, mats, and rugs. Sweep the floor. Have a pail of hot water, soap, scrubbing-brush, flannel, and drying-cloths. Wet the floor, soap the brush and scrub, moving your brush *with the grain.* Mop up the soap with the damp flannel. Rinse your flannel in fresh water. Mop up again in case any soap and dirt are left. Then dry. Don't use much water. Change it often.

Kitchen Tables.—Scrape off grease and scrub like a floor. If badly stained, put a paste of fuller's earth on the part overnight. A used piece of lemon comes in handy to whiten the wood.

Varnished and Enamelled Woodwork, Paintwork, and Varnished Paper.—Dust first, then use a soft cloth wrung out of soapy water. Rinse with one dipped in cold. Wash from bottom upwards—not up and down. *Nursery walls* should be painted or varnished so that they can be washed easily with soap and water.

Steps should be washed with soap and hot water and rinsed with warm water. The old-fashioned and laborious method of smearing steps with bathbrick is abandoned by the modern housewife.

Carpeted Stairs.—Wipe the painted edges once a week with a cloth wrung out of soapy water. When the carpet is up, give the woodwork underneath a good scrubbing with hot water and disinfectant soap.

Windows and Sashes.—Clean the windows with a leather wrung out of warm water. Dry with a cloth that is not fluffy. Polish with paper. Wash the sashes as you would paintwork (see instructions given above).

Carpets are most easily and effectively cleaned with the vacuum cleaner, various models of which are now on the market at very reasonable prices. Germs are carried on dust particles, and in the process of "doing out" a room by the old-fashioned method of brushing and sweeping these particles pass into the air to be breathed into the nostrils and lungs. With the cleaner at work the dust does not fly into the air as it does with the old-fashioned carpet-brushing method, but is entrapped in the dust-proof bag with which the cleaner is equipped. This modern method of dust-removing instead of dust-distributing is the ideal of healthy home practice. If this most

useful piece of domestic cleaning apparatus—the vacuum cleaner—is not available, the carpet should be swept each day with a carpet sweeper to remove crumbs, etc., and brushed once a week with a hard carpet brush, the carpet being first sprinkled with tea-leaves, which have been well washed and are only slightly damp, to prevent, in some degree, the dust from rising. In homes which are equipped with electricity, however, the purchase of a vacuum cleaner is a really sound investment, and, should the housewife not be able to make an individual purchase, it is sometimes possible for several friends to club together and buy a vacuum which they use in turn. This plan has been followed by members of women's institutes in certain villages. Hand-power vacuum cleaners are also available for the housewife in whose home electricity has not yet been laid; these, of course, entail labour on the part of the housewife instead of the work being done by electricity.

At work with an electric vacuum cleaner.

The use of a good carpet soap will clean and revive the colours of a carpet.

Should the carpet become soiled with black-lead, make a soft paste of a little fuller's earth in a saucer with a little cold water and a few drops of ammonia. Rub it well into the carpet; when dry brush well with a stiff brush. Soot (that plague of the housewife who uses coal fires but neglects to have her chimney swept regularly) can be removed from a carpet by brushing up with salt.

Light grease or oil stains on a carpet may be treated by being sprinkled over with French chalk, covered with blotting paper and then ironed with a hot iron. The heat of the iron melts the grease which is absorbed by the paper and chalk. Remove the chalk with a vacuum cleaner or a stiff brush.

A Sewing Machine must be kept clean and properly oiled if it is to run easily. It is a good idea to give the machine an occasional clean with one of the smaller attachments of the vacuum cleaner.

Tiled Hearths and Floors.—Sweep with a soft brush each day. When required, wash with warm water and soap, using a scrubbing brush if necessary. Rinse well, and polish with a dry cloth.

Linoleum should be washed only when necessary, and even this occasional washing is usually not required except in bathroom, lavatory and kitchen. Brush daily with a soft brush. A light polish will preserve the pattern and prevent dirt from becoming ingrained. Moreover, dust is easily removed from polished linoleum by the use of dusters, dustless mops, or a vacuum cleaner with

brush attachment, and this removal of dust is all to the benefit of family health. To wash, use a good soap powder and warm water, drying afterwards with a dry floor-cloth. Careful dusting and the use of a good floor polish (but not too high a polish) is best for the treatment of linoleum in bedrooms and passages.

Matting.—If slightly soiled, wash with strong solution of salt and water. Rinse both sides and dry thoroughly. A little ammonia and water will remove any stains.

Leather Chairs can be cleaned by rubbing lightly with soap and lukewarm water. Use very little water. Wipe thoroughly; polish with furniture polish or a good quality shoe polish. The wax in the polish helps to preserve the leather.

Upholstery is best cleaned with the vacuum cleaner which has special attachments for the work. By this means the dust is drawn out from all crevices and corners, and saves the housewife much tiresome work and strain. If the cleaning is being carried out without a vacuum cleaner, upholstery should be well beaten and brushed, in the open if possible. The material may then be rubbed thoroughly with warm bran, but take care to remove all the bran after rubbing. A little benzine will remove obstinate stains.

Piano Keys.—Clean with a soft cloth soaked in methylated spirits. Polish with a dry cloth or chamois leather. The vacuum cleaner carefully used would take out the dust from the interior of the piano.

Polished Furniture.—Wipe with a chamois wrung out in slightly warm water to which a

little vinegar has been added. Apply furniture polish with a piece of old flannel and polish with a clean soft duster.

Electric Fittings.—Moistened whiting applied with a rag is the best thing. Rub off whiting and polish with a soft cloth.

The cleanest way of lighting the home is by electricity, but even electric light globes and bowls must be carefully dusted from time to time and wiped with a damp soapy rag so as to get full benefit of the light. The flex should be dusted gently, never rubbed.

Cookers.—Electricity provides the cleanest and healthiest means of cooking. Electric cookers are fumeless and are easily cleaned by wiping down with a damp soapy cloth.

Distemper.—Rub with dough or a piece of stale bread, or, if washable, wipe down with a cloth wrung out in warm soapy water.

Stained Boards.—Wash with warm soapy water, rinse, and polish with a good floor polish.

CLEANSING UTENSILS

Chamois.—Wash in warm soap-suds by squeezing. Rinse in clear water, pass through wringer, hang out and rub well when half dry.

Rubber Aprons and Gloves.—Sponge with soap and tepid water. Wipe with clear water of the same temperature and then dry with a cloth.

Brooms and Brushes.—Plunge the bristles into hot suds. Scrub the handle and stock. Rinse thoroughly and dry in the open air. Brushes should be hung up when not in use. If left standing the bristles get bent and do not do their work properly. Scrubbing-brushes should be rinsed and left to dry on their sides. The brush

accessories in vacuum cleaners should be carefully washed from time to time.

Rubbers.—These can now be easily and quickly washed by using one of the many good soap powders available.

A good housewife never allows a "tide-mark" to remain on the bath.

SPECIAL CLEANING HINTS

Lavatory Pans if very stained and foul can be cleaned with a good lavatory cleanser, a lavatory brush, obtainable for a few pence, being used. On no account must the hands touch it. Once clean there is no reason why the pan should become dirty again, if it is cleaned every day and each person is careful to swill it after use. The pan should be kept spotlessly clean. Soapy water can be poured down occasionally, and the pan rubbed with the lavatory brush.

Bath, Basin, and Bedroom Ware can be kept clean with soap and water. If a "tide-mark" appears on the bath, cleansing powder added to the water will be effective. The chamber should be cleaned daily with boiling water and soda.

China and Glass can be made to look beautifully bright if washed in soapy water. When washing delicate articles, place a cloth in the bottom of the bowl to prevent chipping and scratching.

Silver and Plated Articles can be kept clean and bright if they are washed in hot soapy water. They should be rinsed in hot water, dried quickly, and then rubbed with a leather.

To Wash Dishes.—First, put forks, spoons, and knives in one heap; crockery that is not greasy in one pile, and greasy dishes by themselves.

Use clean, hot water, and plenty of it. Make a soapy lather, using a soap-saver, which can be bought very cheaply or easily made (see p. 13). A washing-up mop can be bought for a few pence, and it is not necessary to put the hands into very hot water.

Wash glassware first; then forks, etc.; then tea-cups and plates; last of all greasy dishes. Crockery washed in this way does not soil the tea-cloths, the dish-cloth does not get clogged with grease, and the dishes shine as if new.

Saucepans, frying-pans, etc., are best cleaned at once, when hot, first using a piece of tissue paper to remove the greater part of the grease; they can be done in half the time if not allowed to get cold and greasy. Greasy iron saucepans should be partly filled with hot water, a piece of soda added, and the pan put on to boil before washing. Saucepans used for food of a floury nature should be filled with cold water and

allowed to stand a short time before washing. Soda should never be used for aluminium pans or utensils; any stains may be removed with a little lemon, or by boiling acid fruit, such as rhubarb, green gooseberries, or apples in the pan.

Baking Tins and Pie Dishes.—Wash in hot soapy water. If burnt, apply salt on a damp cloth. If the burn is very bad, soak overnight in salt and water, and then wash with hot soapy water. For very greasy tins, add a little soda to the washing water.

Children's Feeding Bottles.—Bottles and teats should be scalded once daily. After feeds both should be rinsed in cold water, the teats rubbed on both sides with common salt, rinsed, left to drain in a saucer and covered with a teacup.

A SOAPY HINT OR TWO

Odd Scraps of Soap.—A good-sized slab of soap is always easiest to use for washing-days, and for washing floors, etc. Don't be afraid to use a new bar of soap. There are lots of odd ways of using up the small pieces.

A Soap Saver.—Get a tin box (a cocoa tin does excellently), and with a sharp nail and a hammer knock little holes in the bottom and up the sides. Then fill the tin with scraps of soap. When you wish to obtain a good lather, swish the tin about in the water for a few seconds. You'll be surprised at the result.

For Washing-up.—Tiny scraps of soap, if dried in a cool oven, can be grated, and make a useful soap-powder for washing-up instead of using soda, which dries up the natural oils of the skin.

To Make Drawers Slide Easily.—Rub a bar of hard soap over the lower edges of the drawers and on the grooves in which the drawers slide.

Re-enamelling the Bath.—It is a good plan to include re-enamelling the bath as one item of the spring clean. Before commencing, however, wash the bath well with hot water and powdered soap to get rid of all greasiness.

Coarse Needlework.—If you are sewing carpet or felt or any stiff material, soap the surface and also the sewing-thread : you will find it easier to work with them. *When joining a carpet*, first watch the pattern, fit together perfectly, and then reverse the carpet. Buttonhole each edge firmly with thread of the same colour as the groundwork. The pieces should then be firmly drawn together so as to result in a perfect join.

SOME POLISH HINTS

Polished Floors.—Any method of effective household cleaning which lessens stress and strain for the housewife is a real health measure, and there is much to be said in this respect for polished floors in a house. They do not retain dust and are easily cleaned—the modern vacuum cleaner has a special attachment for the purpose. As a further hygienic advantage it must be remembered that the best floor polishes are antiseptic. *The greatest care must be taken, however, that floors are not polished too highly*, making it easy to slip on them. For the same reason it is wiser not to polish the floor under rugs, although some housewives prefer to guard against slipping by sewing a strip of rubber along the under side or by using special non-slip attachments. Rugs

are soon cleaned with the vacuum cleaner, or, otherwise, may be brushed, laid flat, out of doors if possible.

Bloom on Pianos often presents a problem. The use of a good cream or polish will help in overcoming this difficulty, care being needed, however, to rub off the polish properly.

Leather Handbags ana Shopping Bags will benefit by an occasional rub-up with a good white shoe polish.

Patent Shoes should be "massaged" with a good shoe cream as soon as they are taken off, and should then be placed on trees. This treatment helps to smooth out the creases caused during wear and the cream keeps the leather pliable and soft, thus preventing foot soreness and promoting foot comfort, which means much to health.

HOUSEHOLD REFUSE

Only ashes and tins should be put into the dustbin, and the tins should be first washed, or burned out, to avoid attracting flies. Animal or vegetable refuse should be got rid of as soon as possible, preferably by burning. If there is no coal fire it may be burnt in a fire-bucket in the back yard or buried, where there is a garden.

Avoid putting anything wet into the dustbin, as flies breed in damp, warm vegetable matter or in waste from food.

Dustbins should be kept covered and emptied at least once a week. They should be washed periodically by being filled half full with hot water and a large piece of soda, then scrubbed with a bass broom, rinsed, dried with a cloth and left open in the air until perfectly dry. The

dustbin should always be raised from the ground, for example on three bricks.

Clean gullies and yard weekly.

FOR THE COUNTRY HOUSEWIFE

Country Lavatories.—These should be situated away from the house. The bucket should stand on an old tray or sheet of zinc, and should always be covered close. It should be kept scrupulously clean, and the seat and lid scrubbed regularly with soap and water. The old-fashioned earth closet is gradually being replaced by the modern chemical closet.

Water Butts.—These should not be placed near the convenience, and *should be raised from the ground.* They should be emptied and thoroughly scrubbed with soap and water at regular intervals, especially where rain has to serve all purposes.

THE CARE OF FOOD

Clean food is necessary for healthy life. Buy food from clean shops. See that your food is fresh, and get a little at a time. Store what is left over in a clean place (larder shelves should be scrubbed regularly with soap and hot water) as far away as possible from dust-bins and drains. Be sure that your milk is clean, and keep it covered up : dirty milk may cause diarrhœa and other diseases in children. Wash vegetables in plenty of water ; and fruit, too, before you eat it. See that your hands and utensils are scrupulously clean before preparing food.

It is essential that food be kept cool and fresh. The use of an electric refrigerator is here a great gain. Fortunately these valuable accessories are gradually coming down in price and

within the reach of the average housewife. An electric fan, placed in the larder and set to work, also assists in keeping the air cooler, besides helping to keep away the flies.

HOUSEHOLD PESTS

The Health and Cleanliness Council issue special leaflets dealing with the extermination of vermin. Copies will be forwarded on application.

SECTION II

WASHING AT HOME

FIGHT Dirt to Fight Disease.—Of equal importance with thorough cleansing of the home, is the provision of clean clothing and clean household linen. The regular weekly washing of clothes is, therefore, a feature of household routine that must not be neglected. Clothes are always picking up germs and impurities, which must be removed by plenty of hot water and soap. Some housewives prefer to send their clothes to the laundry, others to wash them at home. Whichever plan is followed, it is necessary to see that they are carefully washed, so that all impurities are removed from them.

Orderly methods in home laundry will make the work easier. Much labour and energy can be saved by carefully planned arrangement of laundry equipment so that the various processes are carried out side by side. By devoting a little thought and care to this matter, the housewife can do much to meet the limitations which circumstances may impose upon her. For it is recognized, in this section on method in home laundry, that in the majority of homes the equip-

ment for washing day may be out of date and the housewife be "making the best of things." However, we may look forward confidently to the home of the future, where home laundry will be practised upon the most effective labour-saving lines with electricity replacing human energy.

CHOOSE A GOOD SOAP

All soaps, unfortunately, are not as mild or as pure as they might be. An impure soap will make clothes terribly harsh, and shorten their life. The wisest plan is to try a soap, and use it always if you find it satisfactory. There are also on the market some good washing powders which provide a short cut to cleanliness.

A GOOD RINSE

One secret of a successful wash is thorough rinsing. First, squeeze out as much of the soapy water as you can. Then, while you are rinsing, squeeze well, and the sweet cleanliness of the clothes more than repays you for the extra trouble.

SAVING WOOLLENS

Woollens are more quickly ruined than most other fabrics. Careless washing results in hard, discoloured, shrunken garments. Woollens are expensive, too; you can't afford to risk having them spoiled. Washed with your own hands, properly dried and aired, they'll give you full wear, and keep their warmth-giving qualities right to the end (see p. 28 for the best way to wash woollens).

FOR BABY'S COMFORT

Not many women put their baby-clothes out to wash. Baby-things are washed so often that

they could easily become a bad colour and harsh to the tender skin if any but interested hands handled them. But home washing means plenty of good soap and water, plenty of rinsing water, fresh-air drying, and careful ironing. The baby-things last longer, too, when mother washes them—they are handled gently (see p. 25 for directions to wash napkins).

THE HOUSEHOLD WASH

WAYS AND MEANS

THE household wash is one of the most important events of the week to the housewife. For most people either Monday or Tuesday is the best day for the weekly washing. The old-fashioned method of soaking clothes overnight is not so necessary as it used to be before good soap powder was available for washing. Where there is a large family it is essential to start early in the week, because longer time is needed for drying and ironing; and the earlier this is done the better, because the mind is then free to tackle the other large household tasks, such as turning out rooms. In modern homes which have electric washing machines, washing day is not the bugbear it used to be, because the washing can be done so quickly with very little disturbance of the household time.

Nevertheless, where tenants of tenements share washhouses and drying grounds, some must wash in the middle or at the end of the week, and they, of course, arrange their housework accordingly.

SORT CAREFULLY

When all the dirty clothes have been collected and turned out of the linen-bags or baskets they must be carefully sorted. Household linen, flannels, and blankets must be separated from cotton, linen, and silk underwear. Hose and handkerchiefs, of course, go in different piles, as do the cleaning cloths, dusters, rubbers, tea-cloths, and oven-cloths. Men's dirty overalls, after soaking, are generally given their first wash in suds already used for washing less soiled garments.

SOAPING AND SOAKING

Soiled garments may be soaked in a soap solution for ten or twelve minutes, or longer if very heavily soiled. This loosens the dirt without hard rubbing, which, although sometimes unavoidable, tends to wear out the fabrics. It is very important, of course, to use a thoroughly good washing powder for soaking and to follow carefully the directions given on the packet.

PREPARE BEFOREHAND

Meanwhile the wash-boiler has been filled and the fire lighted, or if an electric wash-boiler is used, the current switched on at full heat so that the water will be brought to the boil by the time it is required. The tubs are then set in order and filled. There should, if possible, be three of these—one for the washing, one for rinsing, and one for blueing. Soap, the blue-bag, washing-board, bowl, washing-brush, copper-stick, and all necessities, should be ready in their proper places near the wash-tub. Nothing tends more to make work go smoothly than a

proper beginning; and nothing hinders and irritates so much as to have to leave off one's work to fetch an article that should be at one's elbow.

Washing by hand.
(Photograph taken in the Domestic Science Department of Battersea Polytechnic, London, S.W. 11.)

CLOTHES OF THE SICK

When an infectious illness occurs in the house, sheets, body-linen, handkerchiefs, etc. should be dropped into a pail of disinfectant and water, taken from the sick-room and boiled for fifteen minutes, after which they may be washed with the household linen. This extra trouble is repaid by preventing further illness. In certain cases, of course, the clothing of persons suffering

from an infectious complaint should be sent away to be disinfected, with the thick bedding.

DON'T NEGLECT TORN GARMENTS

Every article to be washed should be inspected when sorted out. The edges of rents and holes should be drawn together with coloured cotton to prevent further tearing until they can be mended. Stains and every soiled part should be noted. Always remove stains *before* washing, as soap and boiling water render certain stains fast dyes. (Methods of dealing with stains are given on pp. 25, 26 and 27.)

NOW FOR THE WASH

Wash the less soiled white articles first and then the dirtier ones. (The washing of fine muslins, silks, woollens and coloured garments is dealt with on pp. 27, 28 and 29.) The soiled parts may be soaped and rubbed between the fingers, or material may be rubbed against material if the latter is coarse. The articles may then be transferred to the wash-boiler, into which has been placed a suitable quantity of water and enough of a good quality washing powder to give rich suds. The wash-boiler should then be gradually brought to the boil, after which boiling should be continued for two or three minutes, or for the period stated upon the soap powder packet. Very heavily soiled articles may require rather longer boiling. Fine linen, dress shirts and collars are best placed together in a pillow case, and care should be taken that they are put in the boiler before the water boils, as it is the gradual bringing to the boil which removes stains and loosens dirt.

RINSING IS IMPORTANT

When you think the clothes have boiled long enough, remove them from the wash-boiler and rinse each garment carefully, first in hot water, then in cold. Rinsing should be continued until the rinse water runs clear, to make sure that all the soap has been removed. If the water is especially hard, great care should be taken to rinse thoroughly. The garments should then be wrung, blued and starched if necessary, folded, and finally wrung again.

An electric washing machine for home laundry.
(Photograph taken in the Domestic Science Department of Battersea Polytechnic, London, S.W. 11.)

OUTDOOR AND INDOOR DRYING

The ideal way to dry clothes, of course, is by putting them out of doors on the line. Even in bad weather it is surprising, if the weather be watched, how much drying can be done on the line. A few minutes' blow helps the indoor drying, and makes the clothes smell sweeter than if wholly dried inside. Be warned, though. See that the line and the clothes-pegs are quite clean. You don't want the result of your labours spoilt! For a large family a drying

rack, worked by pulleys fixed to the scullery or kitchen ceiling, is almost indispensable. The housewife who can include an electric drying cupboard among her home laundry apparatus finds it a great help on wet washing days. The wet clothes are hung up in the cupboard, through which there is a constant circulation of warm air. Other housewives who have an electric fan can press this into service on a wet washing day. By creating an artificial breeze the fan helps to dry the clothes when the weather is too bad to hang them out-of-doors.

Hanging out Clothes.—Hang smoothly; do not allow clothes-pegs to drag sheets and tablecloths. Hang thicker parts of garments uppermost, otherwise they take longer to dry. Handkerchiefs may be pinned to the line from the corners in bunches. It will keep them a good colour and purify them if they are dried out-of-doors.

When nearly dry, fold each garment carefully, paying special attention to corners of tablecloths and sheets. They will then iron more easily. Some things, such as dusters, oven-cloths, sheets, need not be ironed if you are very busy. They should, however, be folded, put through the dry wringer, and then hung up to air. Be very careful that sheets are thoroughly dry before use.

WASH-DAY WRINKLES

Dirty Kitchen Towels and Dirty Overalls.—When these are oily and greasy, the best method is to use good soap powder. Wet the articles and rub dry powder into the very dirty parts. Soak for a short time. Put into lukewarm suds in the wash-boiler again, treating only dirty parts

(moistened) with the dry powder. Bring to the boil and boil for a few minutes. Lift out of the wash-boiler and rinse thoroughly.

Handkerchiefs before washing and boiling should be placed for some time in half a bucket of cold water with a handful of common salt thrown in. This hardens any mucus adhering to the fabric and enables it to be rubbed off easily. Wash them with a little disinfectant in the water, especially after colds or influenza, and keep them apart from other articles until cleansed for the copper.

Baby's Napkins should first be soaked well, then washed with a good soap and without soda. Rinse in several waters, boil, wring tightly and hang out to dry.

Stains on Tablecloths.—A fresh stain of tea, coffee, or cocoa can often be quickly removed by pouring boiling water and a little soda through. Allow an old stain to soak in glycerine for some time.

After the stain is removed wash the tablecloth in the usual way. Boiling and outdoor drying will finally bleach it.

Ink Stains.—Ink, if fresh, is removable by placing the stained part in buttermilk or in milk. Otherwise moisten with salt and lemon juice, lay in the sun, and wash afterwards in soap-suds. If salts of lemon, which is poison, is used for removing ink or ironmould ($\frac{1}{2}$ teaspoonful to $\frac{1}{4}$ pint *boiling* water), care must be taken to rinse the part in cold water immediately, otherwise the fabric will be weakened.

Mildew, which is caused by putting clothes away damp, can be removed from *white* cloth by soaking the stain for several hours in hydrogen

peroxide, but you must be sure to use the "10 volume solution." Wash and rinse thoroughly. Repeat until stain is removed. Another method is to make a paste of soft soap, mixed with starch, salt, and lemon juice, and use this on the stain.

Scorch Marks.—To remove scorch marks, wash at once with soap and warm water. If obstinate, use weak chloride of lime solution.

Blood Stains.—Soak in *cold* water with a little dissolved soda added. Hot water fixes the stain.

Paint Stains on White Material.—Wash in soapy water. Boil with a little paraffin and soapy lather. Rub again and rinse.

Paint Stains on Coloured Material.—Rub with turpentine. Wash in soapy water and rinse.

Damp Stains.—To remove damp stains, screw up the stained article and then dip into a solution of oxalic acid. Neutralise by dipping into an alkali—*e.g.*, a weak solution of bicarbonate of soda. Repeat until the stain disappears. Then rinse, wash out, and rinse again.

Note.—Oxalic acid must be used with care, as it is a poison.

Grass Stains should be treated in the same way as damp stains.

Leather Stains from shoes on the lisle thread feet of light-coloured stockings can be removed by damping the stain and then rubbing on a solution made from ½ ounce salts of lemon and two tablespoonfuls of tepid water. The article should then be washed, using soap flakes or soap jelly and warm water.

Wine and Fruit Stains can be removed when fresh by rubbing common salt on them and pouring boiling water over them. There are well-known soap bleaching-powders on the market

which liberate oxygen on boiling, removing stains.

Coloured goods.—First test these for fastness of colours to washing by trying a small unimportant part of the article in clear water. If the colours are fast, they can be safely washed in good quality soap flakes or one of the new soapless detergents. The garments should be washed quickly in lukewarm suds, the solution being gently squeezed through the material to remove the dirt. Rinse in lukewarm water, and dry at once.

Muslins.—These require very delicate handling. Squeeze them gently in a warm soapy lather, rinse, boil (if white), and rinse again in warm and finally cold water to restore the attractive clarity of new muslins. Stiffen muslin in thick starch and cotton voile in thinner starch so that it hangs in soft folds.

To Make a Good Clear Starch.—Put two tablespoonfuls of starch (more for a large quantity of linen) into a clean basin; add sufficient cold water to make a paste; work well with the back of the spoon till perfectly smooth, then pour on *boiling* water while stirring, until the starch is clear. Be sure that the water is kept boiling while being poured on, otherwise the starch will not become clear. To ensure clearness the starch can be boiled. A little gum-arabic dissolved in boiled starch improves it.

Rusty Irons may be made smooth by being rubbed while warm with soap and scoured with brick-dust. Electric irons, which are easy to use and do not rust, are very popular, and perfectly reliable ones can now be obtained very cheaply.

Flanneletties.—These should be washed in good quality soap flakes, good suds being made and the solution squeezed through well. Hot water may be used if the garments are white, and lukewarm water if there are colours which are liable to run. Boil if white. Dry in the open, if possible, to restore the fluffiness. Iron on wrong side with a cool iron.

Washing woollens—have a good lather.
(*Photograph taken in the Domestic Science Department of Battersea Polytechnic, London, S.W.* 11.)

Flannels and Woollens.—These materials must be carefully washed to prevent shrinkage. They should be washed in good quality soap flakes, or in one of the modern soapless washing powders, as the latter will keep white woollens from becoming yellow and harsh, and will eliminate that rancid smell peculiar to woollens washed in cheap soap. The articles should be washed in lukewarm water and the suds squeezed gently through. Rinse well in lukewarm water and squeeze as much water out as possible. Then roll in a towel. The garments should then be pulled gently to size and shape and should be dried flat, not hung up.

Stockings.—Wash both sides well by squeezing gently in lukewarm lather as described on the previous page. Rinse thoroughly and hang up by the toes to dry. *Do not iron.*

Blankets.—These should be washed by squeezing in lukewarm suds. Soap flakes, which have been thoroughly dissolved, should be used. This product will enable the blankets to retain their colour and fluffiness. Rinse thoroughly, fold and wring carefully, do not twist out of shape.

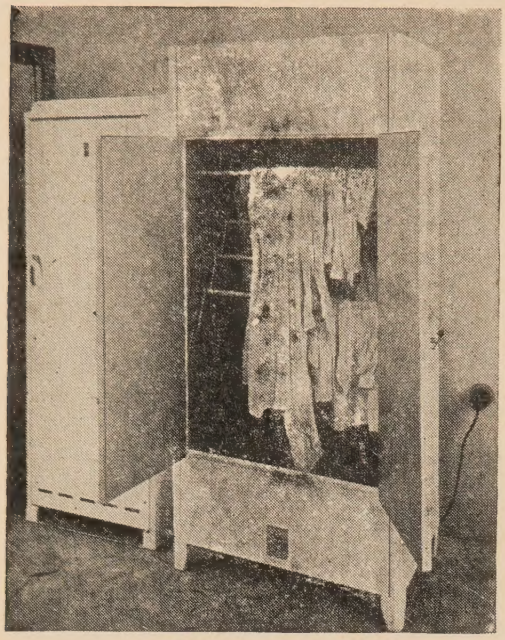
Eiderdowns.—Shake or gently vacuum these free of dust. Wash as for woollens, using a rich soap lather. If colour is likely to run, use tepid water. Rinse in warm or tepid water. Rinse thoroughly—this is very important. If possible put through a wringer. Anyhow, get as much moisture out as you can. Dry in a wind, shaking often while drying to make soft and fluffy once more.

Lace, Georgette, Chiffon, Silk.—All delicate fabrics require very careful washing to prevent damage to colours and to the texture and finish of the material. They may be washed with advantage in a soapless washing powder specially prepared for the purpose. The lukewarm suds should be squeezed gently through the fabric, followed by thorough rinsing, and rolling in a towel. When nearly dry press fabrics with a warm iron.

Corsets.—Use a nail-brush and a hot soap lather. Rinse well and dry quickly.

Lace Curtains.—Shake well to get dust out, and wash in a good warm soap lather. Do not rub soap on. Squeeze and knead in the lather. Wash in a second lather if very dirty. Rinse first in warm and then in cold water.

Blue if white. Wring carefully and starch while wet. Dry quickly, drawing gently into shape. Do not stretch the corners.



A modern electric drying cupboard.

Washable Gloves.—Gloves should be washed on the hands in lukewarm lather made by soap flakes or soapless washing powder especially prepared for the purpose. Rinse quickly, squeeze in a towel, stretch to size and dry slowly. Pull frequently to prevent them drying hard.

To Make Soap Jelly.—Shred some pieces of dry soap in a saucepan and cover with water ($\frac{1}{4}$ lb. to 1 pint). Stand by the side of the fire and leave to simmer until clear. Stir from time to time. Turn into a jam-jar and leave to cool. Keep covered and free from dust. A little of this jelly put into warm water and beaten with the hand makes a splendid lather for washing any articles.

A HINT OF ANOTHER SORT

If you are a tenant on a new housing estate, you will be interested in "The New Home," a well-illustrated booklet which has been written especially for you by public health experts. Write to the Health and Cleanliness Council, 5, Tavistock Square, London, W.C. 1, for a copy.

SECTION III

TOILET HINTS FOR OLD AND YOUNG

1. THE IMPORTANCE OF CLEANSING THE WHOLE SKIN

A PIECE of furniture, china, or a garment, if washed and put away, will keep clean as long as it is covered up. But the human body, however well washed it may be one day, and however clean may be its covering, must be washed again the next day. This is because the skin of the living man, woman or child is constantly giving off a greasy moisture. The process goes on all the time, even when we are lying quietly in bed. Usually the moisture is very fine; you cannot see it or feel it. But at times, when you are very hot or very much excited, the perspiration shows in large drops. From each little pore the perspiration oozes, carrying with it some of the poisonous matters which have formed in the blood. The pores, in fact, are the gateway to health. You must keep that gateway open.

HOW A CLEAN SKIN WILL HELP TO PREVENT CHILLS AND COLDS

Many people do not realize the importance of keeping the skin clean. Germs are always associated with dirt, so that a scratch or a cut on a dirty hand may easily lead to blood-poisoning with direful effects. A healthy, well-nourished body is able to resist germs such as those of influenza, chills or colds, but it is essential that even such a body should be exposed to a minimum of risk. That is why not only the body should be thoroughly washed and kept clean, but also every-

thing in the house. Keep the skin clean, therefore, see that the body has the right food, let everything in the house be spotless, and let light and air enter your rooms. In this way health may be maintained and chills and infections prevented.

THE DAILY BATH OR "WASH ALL OVER"

Doctors and specialists warn us that we cannot keep thoroughly fit and healthy unless we wash all over frequently. Warm water and soap are necessary to remove the dirt from the skin. This dirt is made up of particles of dust from the air, flakes of the skin, dried perspiration, particles of the clothing—all mixed together with oil from the skin. No wonder soap and water are needed —needed daily!

The daily bath is no longer the luxury it used to be, for most houses nowadays have a bathroom or at any rate a fixed bath; great strides have been made in this respect during the last few years by the housing authorities and by private builders.

It is best to take a bath that is neither too hot nor too cold. Cold baths, especially in winter time, are only for those who feel a glow immediately afterwards. You will probably be well advised to arrange a bath timetable for your family so as to ensure that everyone has a chance of making full use of the bathroom. Some people like to have their bath in the morning and others at night, while you yourself will probably like to secure yours in the afternoon.

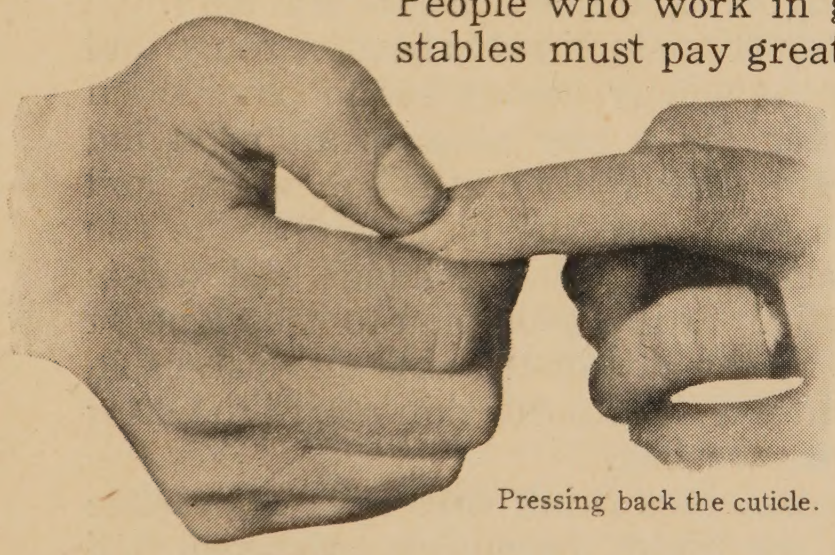
If the worst comes to the worst and you have no bathroom in your house, it is still possible for you to have a daily wash all over in the bed-

room. Provide yourself with a can of hot water, a jug of cold, and a cake of really good toilet soap, and wash your body bit by bit while you stand in a foot-bath or even in the hand-basin. It is well worth while to take this extra bit of trouble to be really clean.

2. CARE OF THE HANDS

You are in danger when your hands are dirty. Dirt is the lurking-place of germs. You may infect everything you touch—food, clothes, your mouth and nose. The slightest prick or scratch may be an opening through which disease germs can enter and set up blood-poisoning. Your safeguard is cleanliness.

When you are on a very dirty job cover the hands with a "dry" thick lather of soap, letting it get under the nails. When you wash them after the job, the dirt will come away quickly and easily.



Pressing back the cuticle.

People who work in gardens or stables must pay great attention to cleanliness, for the germs of lockjaw (as well as those of other diseases) lurk in these places and can get into the body through any cut, scrape or scratch.

Never prepare food, set a table, or take a meal with dirty hands, for they will contaminate

any food they touch, and will greatly detract from your natural and healthy enjoyment of what you eat. Many cases of typhoid fever and food poisoning have been traced to germs from bodily excretions being conveyed to food by the dirty hands of the cook. That is why it is most important to wash the hands after using the lavatory. Children should be taught this good rule as early as possible.

The finger nails require regular attention. They are more easily kept clean if worn short, and are also less likely to catch in things and break. Before attending to the nails, soak the hands thoroughly well in hot soapy water and brush vigorously with a well-soaped nailbrush. Then, after drying carefully, file or cut the nails to the shape of the finger. Push back the skin round the nails with a soft towel or with the finger every time you wash your hands. This will prevent hang nails, which are sore and ugly.

If your hands are inclined to become rough and chapped in the winter, remember to place them in cold water for a few seconds after having washed them thoroughly with hot water and soap. This will close the pores and make the skin less sensitive. Dry the hands and wrists very carefully. It is a good plan to keep a pot of cold cream by the side of the sink or wash-basin and rub a little well into the skin each time after the hands are washed.

Many housewives think that it is impossible to prevent the hands becoming coarsened and roughened by housework, but much can be done to obviate this by caring for these two useful members in the simple ways that have been suggested.

3. CARE OF THE HAIR

Cleanliness of the hair is as important as cleanliness of the body, and is essential to maintain its beauty. Every night the hair should be brushed thoroughly to remove the dust that has settled on it during the day and to stimulate the scalp, thereby encouraging the growth of hair. After a few minutes' brisk brushing, the hair should be combed away from the head, not on to it. This allows air to get to the scalp and also encourages a natural wave, especially if the comb is slightly damp.

Frequent washing of the hair is most important, but the frequency should depend on the nature of the hair, for while the greasy kind needs washing every ten days or fortnight, natural dryness is apt to be encouraged by too frequent washing.

How to Shampoo.—Cut shreds of soap into a jug. (A good curd soap makes an excellent lather, and is cheap and thoroughly cleansing without being in any way injurious.) Cover with hot water and stir well. When the soap is dissolved, add cold water to reduce the mixture to a comfortable temperature. Pour the lather on to the head and rub the scalp thoroughly with the finger-tips. Rinse thoroughly in three or four lots of clear water. A small teaspoonful of lemon-juice or vinegar may be added with advantage to the last water. An effective shampoo may be given by this method. There are also some good prepared shampoo powders on the market, with directions for use given on the packet.

The hair should be dried by rubbing with warm towels or in the open air—not in front of the fire. There are simple electric hair dryers for

use by hand, which may now be obtained at very reasonable prices. It is important that these hair dryers should be of bakelite or some similar non-metallic substance so as to avoid shocks in case of a faulty lead.

Brushes and Combs should be kept scrupulously clean; and wash your hair slides at the same time.

How to Clean Hair-brushes and Combs.—Make a good, hot, soapy lather, or put a few drops of ammonia in hot water. Dip the brushes, bristles downwards, into the water, keeping the backs and handles as free from the water as possible. Move the bristles up and down in the water until they are clean. Rinse in cold water, then shake well. Wipe the handles and backs, but not the bristles. Set to dry in the sun if possible.

To clean combs, brush up and down between the teeth of the comb in warm soapy water with a small nail brush specially kept for the purpose.

THE CHILDREN'S HAIR

The hair of school-children should be washed every week. They mix with other children so much that the only way to ensure freedom from scalp troubles is absolute cleanliness. Each child should have his or her own comb and brush, if possible, and should learn to keep these clean. If the girls have long hair it should be kept plaited during school hours.

WHEN THE UNPLEASANT HAPPENS

When your children go to school and mix with others not so well cared for as themselves,

they run the risk of becoming infected with head lice. It is always a good thing, therefore, to examine their heads frequently, for much bother and anxiety will be saved if the trouble is detected in its early stages and dealt with promptly.

Nits are the eggs of vermin, and the trouble they cause is due to the fact that, if undisturbed, they hatch out and become vermin. The irritation which the child experiences often causes the health to suffer. There are, however, many ways in which nits and vermin can be removed. By following the instructions given in the next paragraph very carefully, this removal can be carried out without producing sores or scabs upon the scalp; should these be present, the hair must be cut short and the scabs removed after softening with a poultice or olive oil. The head should then be lathered with soft olive oil soap, washed carefully in hot water, rinsed and dried thoroughly. A soothing ointment should be applied to the sores, and the process repeated every night until the head is well.

INSTRUCTIONS FOR CLEANSING HEADS

(1) If there are many nits the hair should be cut quite short, and any nits remaining on the short hairs removed.

(2) If there are not many nits present, the hairs with nits upon them should be cut away, or the nits pulled from the hairs after thoroughly lathering and washing with soft soap and water.

(3) Nits can also be removed by using a steel nit-comb. To remove nits with this comb as speedily as possible, a strand should be taken, greased with olive oil and water, and the comb placed through the hair and pulled along the length of the hair away from the head.

When vermin are present, a small-tooth comb should be used night and morning for freeing the head.

4. FOOT RULES

It is quite impossible to keep a body healthy if the feet are neglected. Being most of the time confined in stockings and then encased in leather, the feet lack ventilation, and if they are not kept clean the results are very uncomfortable and unpleasant.

Keep your feet healthy.

A warm soapy foot-bath is the best thing you can give your feet, and, if your health is good, follow up with a cold-water rinse. This hardens the feet and makes them better able to resist summer's heat and winter's cold.

Keep the toe-nails cut, and cut them square. This will prevent those very painful things—ingrowing nails. It will also help to prevent holes in the stocking toe.

Change your Stockings constantly.—They must be frequently washed in warm soapy water if the feet are to be at ease. A hard, ridgy stocking or a lumpily darned one does nearly as much harm as a tight shoe. If you wear ribbed stockings let them have plain soles for comfort. Stockings which have been worn *for violent exercise* like tennis, hockey, or dancing should not be worn twice, as they grow quite hardened with sweat. Wash the feet—if not the body—at once after

exercise, and put on fresh stockings if you wish to be fresh and cleanly.

Choose your Footwear carefully.—Boots and shoes should be chosen with the greatest care, comfort principally being taken into account. Also keep your footwear in good condition and the leather soft by regular cleaning and polishing. A good shoe polish not only helps to keep them water-tight, but also preserves the leather and keeps it pliable and comfortable to wear, so that foot soreness does not arise. Children should be led to regard the cleaning of their own boots and shoes as one of the little household jobs in which it is their pleasure to assist. If thus encouraged, they may even co-operate to the extent of keeping father's boots clean for him. Every little help given in this way goes to lighten the task of the busy mother.

Helping Mother.

Rest tired feet by soaking them in hot soapy water. Change into fresh stockings. Long-distance walkers find that soaping the soles of socks prior to setting out helps to prevent chafing.

5. CARE OF THE TEETH

A clean and healthy mouth is an essential for a healthy body. Dangerous germs find a handy lodging-place in the mouth. If neglected they may poison the whole system. *Try to brush your teeth after every meal,* but in any case do not fail to clean them night and morning and teach the children to follow the same practice. A good tooth-paste is, of course, of great benefit, but if you have no tooth-paste just rub your brush on the soap tablet. *Each person shoula have his or her own tooth-brush.* The moment you notice a trace of decay, have the tooth stopped by a dentist.

False teeth should be cleansed thoroughly with soap and warm water last thing at night, the mouth and gums being cleansed too. An occasional salt-and-water gargle ($\frac{1}{2}$ a teaspoonful of salt to a tumbler of water) will help to keep the throat strong and germ-free.

6. NOSE AND EARS

Keep your mouth shut.—Breathe through your nose. The air is warmed as it goes up the nose. Dust and microbes are trapped in the lining of the nose and do not reach the lungs and throat. Blowing the nose cleans it. Teach your children to blow their noses thoroughly. Each child, even the baby, should have its own handkerchief —a clean one every day for preference. Children who are too young to blow their noses should have their nostrils cleaned daily. Dip a piece of soft rag in warm water, twist the end into a spiral, and gently clean out each nostril. If you suspect an obstruction at the back of the child's nose because of breathing through the

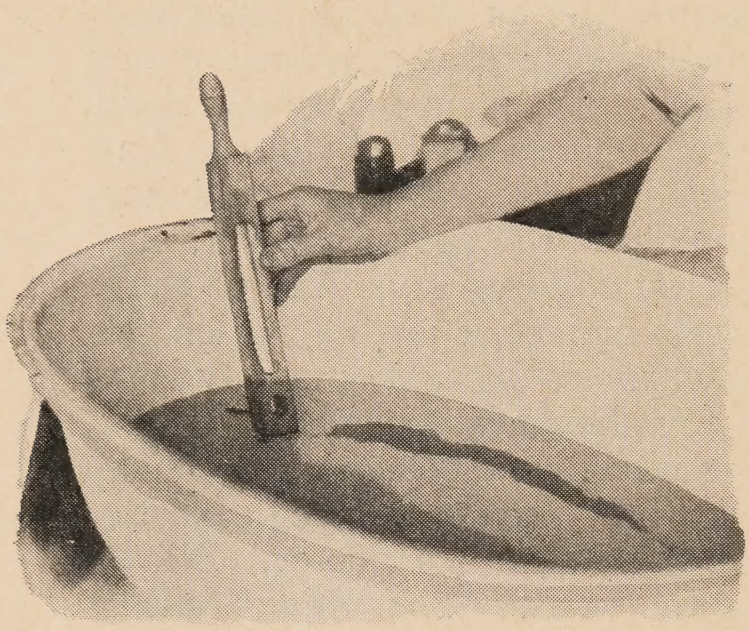
mouth, frequent head colds, etc., get medical advice at once and attend carefully to the cleanliness of the nose.

The Ears.—The first rule in the care of the ears is cleanliness, but young children often need supervision in this respect. Therefore have an ear inspection each morning, remembering that where there's dirt there's danger. Dirty ears are unhealthy as well as unsightly. The ear lobe should be carefully cleaned every day, but a word of warning is necessary about the inside of the ear: that is best left alone. Any hard substance, such as twisted towel, matches, or hairpins pushed down the ear to clean it, may cause damage. Tiny children should have their ears cleaned out with a piece of soft rag which has been dipped in warm soapy water and twisted into a spiral. They should be dried in a similar way with another piece of soft clean rag, particularly behind the ear. Never neglect earache. If it persists, take the child to a doctor. Never try to syringe the ears. You might easily injure the sensitive drums and cause permanent deafness.

BABY'S BATH

THE baby's daily bath must never be omitted. It is impossible to keep him in good health unless the skin is kept perfectly clean. Young mothers may be a little nervous just at first, but they soon find that their babies are not difficult to handle, and that if they are sure and quiet in their movements the baths become a pleasure to themselves as well as to the children.

Everything should be put ready before starting: bath on stool or chair by fire, a chair for mother (the right side is the best for this so that baby's feet will be towards the fire), and another chair or table for the smaller things that are needed—cloth, soap, small clean bowl with boiled water and cotton-wool swabs to wash the face, safety pins, powder, vaseline, bath thermometer—hot and cold water within easy reach, a complete set of clean clothes on the guard in case of need, and the warming towels.



The correct way to test the temperature of baby's bath.
(Photograph taken at the Nursery Training School, Wellgarth Road, London, N.W. 11.)

The room must be warm, the door closed, and a screen placed round the mother's chair to protect from draught. A large clothes-horse covered with a blanket or a tablecloth would serve as a screen.

The temperature of the water in baby's bath should be 98° F. (or a little above) and care should always be taken to put the cold water into the bath before the hot. If the mother cannot get a bath thermometer she can test the heat of the water by plunging in her elbow. It should feel comfortably hot. Then the mother, having previously washed her hands, should take baby on her knee.

After his gown has been removed, his face is washed, starting gently with the eyelids, and being careful not to touch the delicate mucous membrane of the eyes. Pieces of clean, boiled rag, or preferably swabs of cotton-wool from the bowl of cool boiled water, should be used for this purpose, each swab being discarded after use. The nostrils may be gently cleaned with tiny rolls of wool. The inside of the mouth should not be touched as long as it is healthy, for it has been found that vigorous cleansing of the mouth may damage the lining of it and lead to infection.

If you have not got a thermometer, take the temperature this way.

(Photograph taken at the Nursery Training School, Wellgarth Road, London, N.W. 11.)

Baby is then entirely undressed and wrapped in the warm towel, all except his head. The scalp is gently but firmly rubbed with a good lather of soap on the hands, held over the bath to have the soap thoroughly rinsed off, and dried with a soft towel. The temperature of the bath should again be tested with the thermometer—or if no thermometer is

available, with the mother's elbow—and more hot or cold water added as needed. The mother's hands are again lathered and the child's entire body—ears, neck, armpits, groins and back—carefully and quickly washed.

The child is lifted into the bath with one hand under his shoulder and grasping the left arm,

Wash baby's head first.
(*Photograph taken at the Nursery Training School, Wellgarth Road, London, N.W.* 11.)

and the other hand under the buttocks. After a good rinsing he is replaced on the dry part of the towel and covered up while each separate part and crease is gently dabbed with the soft towel.

Very little powder, if any, is needed, and that only in the creases when the baby is thoroughly dry. The baby is placed on his face and the clean clothes laid one over the other before he is turned and the dressing completed.

No part of the towel must be allowed to touch the floor, nor must the little vest be placed on the fender—where it might pick up germs—to be warmed. The clothing that is taken off should be hung on the chair back or placed in a clean bowl, *not* dropped on the floor.

When the child is old enough he will sit up in his bath and on his mother's knee, but the washing process is much the same. After the sixth month the hair should be washed twice a week only. A good super-fatted soap should be used, and a pure powder. The mother should always wash her hands after touching a dirty napkin, and before touching baby's face or his feeding utensils.

Napkins must be changed when wet or soiled.

Directions for washing will be found on p. 25.

A NOTE FOR MOTHER

Cleanliness in every way is essential when caring for a baby, if the child is to be kept in good health.

CLEAN BREAST-FEEDING

When a baby is breast-fed, the mother should take great care that the nipples are absolutely clean before each feed. Swabs of clean cotton-wool and clean boiled water should be used and the nipples gently swabbed and dried before and after each feed. This ensures clean feeding of the child and guards against cracked nipples.

THE TODDLER'S TOILET

CLEANLINESS of body and of clothing is quite as important for the toddler as for the young baby. In some ways the toddler is exposed to more dangers, and he certainly has a greater capacity for collecting dirt. Superficial

The hair of school-children should be washed every week.
(Photograph taken at the Nursery Training School, Wellgarth Road, London, N.W. 11.)

dirt is not necessarily serious, but it is essential that all children should be really clean at least twice a day, and that they should come to every meal with clean hands and faces.

The toddler should have a warm—not hot—bath every night at bedtime. A cool bath (about 80° F.) in the morning also is excellent, or, if this cannot be managed, the evening bath should be finished by pouring a jugful of cool water over the child's back before taking him out, and by giving him a vigorous rubbing with a roughish towel.

There should be an entirely different set of clothes for the night, and the day clothes should be changed and washed as often as possible, even daily if it can be managed. The garment next the skin as well as the outermost garment should be clean daily.

YOUNG SCHOOL-CHILDREN

With school-children a daily bath may sometimes be an impossible ideal. In that case they should be washed *all over* before going to bed. A stand-up wash in a basin or small bath—that is, on the "instalment plan"—can generally be managed. Once a week, at least, there should be a good warm plunge-bath, and the hair should be thoroughly washed.

Cleanliness is greatly a matter of habit, and when a child has been trained to enjoy being clean he will have formed a self-protective habit. Ears and nails always need special attention at this age. (See p. 41 for notes on care of the ears.) Teeth should be cleaned on rising and before going to bed. Each child should have an individual towel, soap, wash-cloth and tooth-brush, and be encouraged to keep them in good order.

Clothing made from washable materials, easily cleansed in soap and water, is much the best and healthiest for young children.

WASHING THE SICK

WASHING a sick person is best learned by assisting a good nurse and by taking a proper course of instruction in the care of the sick. The following hints, however, may be found useful in case of emergency.

Place soap, flannel and a basin of warm water near the bed. Remove the top bedclothes with the exception of one blanket, which is used to keep the patient covered. Remove the night-dress, hang it up to air or warm a clean one. Place towels round the patient so that no drop of water can possibly reach the bedclothes. First wash the face and neck and then dry; wash and dry each arm in turn; next the chest; then the abdomen and groins (under covering blanket); then each leg in turn. Turn patient on one side and wash from above downwards, taking one part at a time and drying off each before proceeding. Keep the patient covered as you wash. When completed, slip the nightdress over the head and arms.

The teeth should be cleaned and the mouth rinsed after every meal.

Bed-sores generally come on the lower part of the back, the heels, shoulders, and sometimes elbows. After washing the patient, if there is any sign of redness, methylated spirit (to harden the skin) should be rubbed on these parts before powdering.

Accidents will happen, and the wise housewife keeps a reserve of clean bandages for use in case of emergency. White rags, well washed, can be utilized for this purpose.

Where there's dirt
there's danger
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